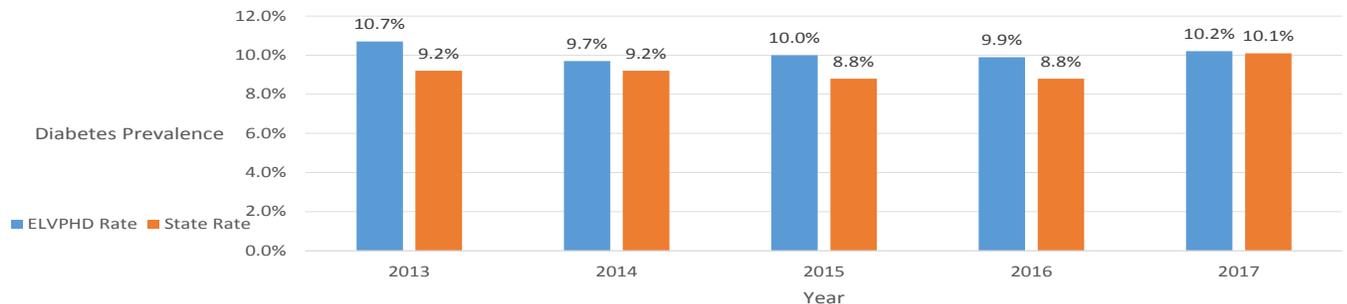


# DIABETES HEALTH PROFILE 2019

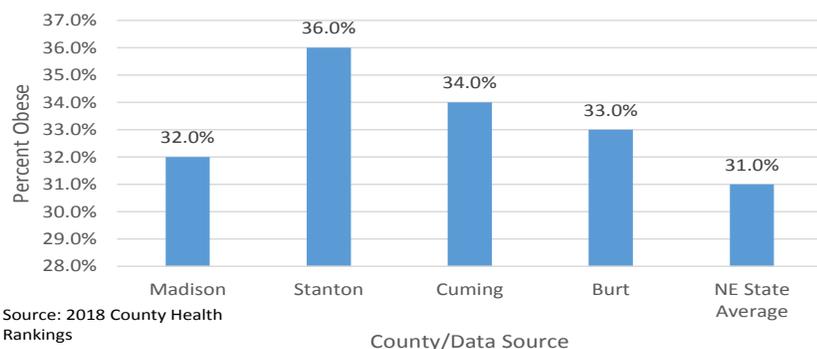


Diabetes Prevalence Among Total Population



There has been a slight increase in the rate of diabetes. This trend is the same for ELVPHD’s service area: Madison, Stanton, Cuming, and Burt Counties. The diabetes rate in these counties is now higher than the statewide average.

Obesity Rate



Obesity is one of the most significant risk factors for developing type 2 diabetes. All four counties in the ELVPHD service area have an obesity prevalence above the state average of 31%. The data noted above indicates that approximately one out of three adults in the service area are obese, and therefore at an increased risk of developing diabetes.

## Why it Matters:

Diabetes is the seventh-leading cause of death among Americans and can cause other complications such as hypertension, kidney disease, heart attacks, and stroke. In 2015, 84 million Americans were diagnosed with pre-diabetes, meaning they are at an increased risk of developing type 2 diabetes.\*

Elkhorn Logan Valley Public Health Department’s (ELVPHD) 2019 Community Health Assessment surveyed 1,422 people from the area. In this survey, 8.32% of people answering this respective question had been told that they had diabetes. This survey also ranked Diabetes as the 5th health-issue concern in our communities.

\*Source: American Diabetes Association Website, 2017

## What ELVPHD is doing:

ELVPHD's National Diabetes Prevention Program/NDPP sessions (called Summer Slim Down classes) offer evidence-based, 16-week classes to those at risk for developing diabetes. Three of ELVPHD's staff are trained instructors, and other instructors from various organizations have been certified to teach NDPP in the area. Since 2014, 102 people have enrolled in (and completed) the program. On average, participants lost at least 4.93% of their body weight resulting in an average weight loss of 9.9 lbs per person. A primary goal of NDPP is for individuals to lose at least 7% of their body weight. Of the 102 participants from 2014-2019, 34.3% lost at least 7% during the program for a total of 1008.2 pounds was lost. A unique feature of this program is extended follow-up with the individuals for up to one year after the initial enrollment and core program completion. ELVPHD is proud to have achieved national recognition for their NDPP achievements.

In addition to the NDPP classes, ELVPHD also focuses on obesity prevention through the Minority Health Initiative's Eating Smart and Being Active program. This evidence-based program is an 8-session core program (with biannual follow-up) and focuses on reaching minority individuals. ELVPHD presents the information using a bilingual (English/Spanish) health educator in order to provide the services in the preferred language of the target audience.

Last, ELVPHD is expanding obesity-prevention initiatives to include children. Planning will begin in the 2019-2020 fiscal year. See [www.elvphd.org](http://www.elvphd.org) for more information.